

# BAROD, EWCH!

JANUARY 2021 | ISSUE 1

HELP

SUPPORT

ADVICE

GUIDANCE

**HAPPY  
NEW YEAR**

Barod's bi-monthly e-zine  
providing updates from  
across the organisation and  
services

**barod**

# MIKE PARRY ART AWARD 2020



The second edition of the Mike Parry Art Award saw a total of thirteen entries. The theme for the 2020 competition was '**Life in Lockdown: Art in Isolation**'. Thank you to those that took the time to vote for their top three entries. The winners of the Adult and Young Person's categories will be announced soon.



Follow Barod on social media for the latest updates, campaigns and information

@wearebarod/ @barodproject

# **RUN OFF THE BLUES**

**2021**

**JANUARY 2021 SAW THE  
INTRODUCTION OF BAROD'S  
FIRST EVER  
'RUN OFF THE BLUES'.**

**A TOTAL OF THIRTY-SIX  
STAFF, VOLUNTEERS AND  
SERVICE USERS HAVE  
SIGNED UP TO RUN, WALK  
OR CYCLE AS FAR AS THEY  
CAN THROUGHOUT  
JANUARY, TO RAISE MONEY  
FOR LOCAL FOODBANKS.**

**#runofftheblues**

**#rotb**

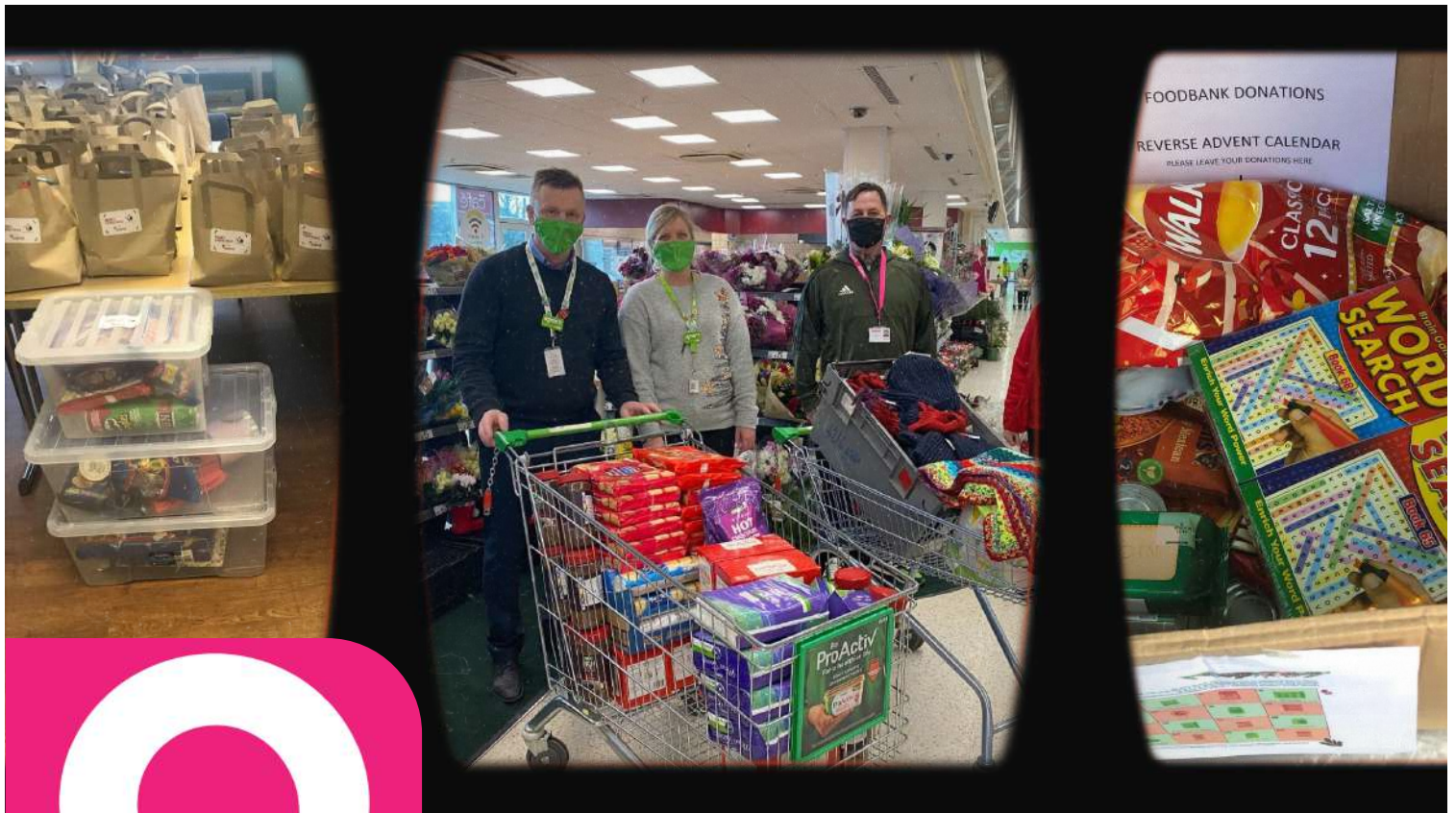
To donate, please visit Barod's JustGiving page:

<https://justgiving.com/barodproject>

# FOOD BANK DONATIONS

Throughout December, the Cwm Taf service collected donations from staff, as well as receiving donations from local supermarkets, including Asda and Sainsbury's.

This all culminated in 50 food bags being disseminated to service users, 6 hampers put together for a service user raffle and separate donations made to Merthyr, Cynon and Rhondda food banks.



Check out a video capturing the amazing work by the Cwm Taf team on the 'All Barod Communications - General' TEAMS channel.

## Gwent N-gage

In December, N-gage held a team development day via the platform Zoom. Facilitated by Natalie and Kim, the team reflected on a very different and strange year, and looked forward to 2021 and moving forward.

The successes over the last year identified were:

- Transition Work
- Adaptability
- Online professional training
- Increased opportunity for learning
- Greater connection to the whole of Barod
- Staff have looked out for each other & survived!

## ELF ON THE SHELF ADVENT CALENDAR

DDAS spread Christmas cheer alongside harm reduction messages via their 'Elf on the Shelf' themed advent calendar videos on social media.



## ELF ON THE SHELF

All Young Persons services and Barod as a whole organisation, promoted harm reduction messages throughout December via their annual 'Elf on the Shelf' social media campaign.

[#lookafteryouself](#)



# BAROD LEADERSHIP SYMPOSIUM

**TUESDAY 8TH**

**DECEMBER, 2020**

On Tuesday 8th December, 2020 Barod held our first Leadership Symposium, an event for leaders and those aspiring to be leaders to discuss key issues and learn more about how we lead as an organisation. The event was attended by 27 members of staff and offered 7 live and 1 pre-recorded sessions for attendees to choose from, aimed at supporting leaders across Barod to develop their skills and knowledge. The day has received positive feedback from attendees and will help focus the work that is undertaken in 2021.

Thank you to all those who facilitated, those who supported the sessions and the attendees for making it such a successful event.



Leadertful  
ACTION



Over 50 and concerned about your own, or a loved one's, alcohol use? Barod, in partnership with We Are With You and Addiction NI, have launched a new

**[Over 50's Alcohol Helpline](#)**

Tel. 0808 801 0750



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## Learning from COVID-19 Research

Barod has been working alongside Kaleidoscope Project and University of South Wales, to review and report on how the pandemic has impacted on services, service users, staff and senior leadership. The results were presented in a webinar on 16th December and all the details can be found on the Barod website

**<https://barod.cymru/lessons-from-covid-19/>**

# LESSONS FROM COVID-19 EMPLOYEE IMPACT SURVEY

December 2020

THE IMPACT OF  
COVID-19 ON  
SUBSTANCE MISUSE  
SERVICES AND STAFF

# L & D

## UPCOMING SESSIONS

The L&D team will be organising regular Motivational Interviewing skills practice sessions for those with knowledge of MI, as well as an introductory session for beginners.

On the 25th February, there will be a one-hour session on homelessness impact. This is suitable for anyone who is supporting someone who is homeless or in unstable housing.

There will also be regular sessions of Basic Substance Misuse, Needle Exchange, Safeguarding and Boundaries training.

All the above can be booked via the WDP but also keep an eye out on the TEAMS channel.

Why not check out the new TEAMS channel for remote support under the Team of L&D



# LIVE WEBCHAT

The Live Webchat Service started taking referrals as an additional single point of contact for all Barod & consortium-based services, at the end of September 2020.

Since then, the Live Webchat Service has taken a total of thirty-four referrals.



The Live Webchat is available seven-days a week at [barod.cymru](https://barod.cymru)



## Welsh speakers for S4C

S4C are looking for any Welsh speaking service users who are currently in service, seeking support for the use of prescribed medications or illegal/counterfeit medications such as Valium, Xanax, and Tramadol. Confidentiality and anonymity is available.

If any service user is willing to share their story, please email Rob Barker [rob.barker@barod.cymru](mailto:rob.barker@barod.cymru).

# Would you like something put in the next edition?

Just get in touch with your service  
Communications Group rep and they will  
put it forward as content for the next issue  
in March.

Thank you to Sian Roberts, Emma Howells,  
Sophie Jones, Jamie Harris, Marie Talmage,  
Jon David, Hannah Keating, Joe Chambers,  
Natalie Savery & Kim Darkin for providing  
the content for the first edition of 'Barod,  
Ewch!'.

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